



Outreach Newsletter of The National Children's Study • Hinds County, MS

www.nationalchildrensstudy.gov

Winter 2011

National Children's Study

Creating a Future of New Possibilities for the Health of the Nation's Children

The PI Corner

Sharon B. Wyatt PhD, CANP, FAAN
Principal Investigator

As John F. Kennedy reminded us in his powerful statement: "Children are the world's most valuable resource and its best hope for the future." The Children's Health Act of 2000 created a landmark national study of children's health to assure that we have the knowledge we need to improve the health and well-being of our most valuable resource – our nation's children. This landmark study – the National Children's Study – will enroll 100,000 children

from over 100 counties in the United States. We are so excited that Hinds County was selected as one of these counties. With your help, Hinds County will help make history over the next 21 years! As our children grow, our knowledge will grow and, together, we will take part in creating a future of new possibilities for the health of the nation's children.

This is the first of many newsletters that will chronicle the progress and findings of this Study over the next quarter of a century! Thanks for being a part of this story.

I am privileged to introduce you to the Hinds County National Children's Study team who will be asking for your help and participation (see Picture of Hinds County Team). In this newsletter, we are focusing on the Recruitment and Clinical Data Teams. These teams will talk with pregnant women in their obstetrician's offices, their homes and in the hospitals where they will give birth to the precious children who will be study participants. In future newsletters, we will focus on each team so you can get to know us better.

We are excited to initiate a series of useful health tips and resources for pregnant women, families and children.

SO LET'S GET STARTED.

What is the National Children's Study? The National Children's Study (NCS) is the largest study of children's health ever undertaken. It will examine the effects of the environment, including factors such as air, water, diet, sound, family dynamics,

community and cultural influences, and genetics on the growth, development, and health of children across the United States. Our overall goal is to improve the health and well-being of children and add to the understanding of the role that various factors have on health and disease.

WHO WILL BE ENROLLED?

Women who live in certain neighborhoods in Hinds County who are 18-49 and either pregnant or planning to become pregnant in the next 5 years. Their children will be followed from before birth until the age of 21. Fathers and other adult caregivers may also be included. The goal is to observe a nationally representative sample of parents and their children.

HOW WILL THE STUDY BE CONDUCTED?

Local Study teams will work with doctors, nurses, community leaders, and public health officials across America to observe and recruit 100,000 children from before birth to age 21. Working with each

**Children are the world's
most valuable resource and
its best hope for the future**

John F. Kennedy



SPOTLIGHT

CLINICAL OPERATIONS TEAM

continued

community, these teams will visit homes, schools, and neighborhoods of the children and families who take part in the National Children's Study.

WHY IS IT IMPORTANT TO PARTICIPATE IN THE STUDY?

Participating in the National Children's Study is a unique chance to be a part of a nationwide landmark health effort. It will be one of the most comprehensive research efforts, and the largest and most detailed study in history focused on children's health and development in the United States. Women and their families can have a major impact on the health of future generations by joining the National Children's Study, helping their communities and country to gain a better understanding of children's health and development.

WHO ARE THE NCS NATIONAL PARTNERS?

The National Children's Study is funded by the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD)

of the National Institutes of Health (NIH) in collaboration with other federal government partners. The NCS local partners include the Mississippi State Department of Health, the Blair E. Batson Hospital for Children and the University of Mississippi Medical Center.

WHAT INCENTIVES WILL PARTICIPANTS RECEIVE FOR PARTICIPATING?

Participants will receive monetary and other small tokens of our appreciation for their time at each data collection visit.

A study of this magnitude cannot be done without YOU! So in an effort to keep our local community and partners informed, we will be using the NCS Newsletter as a way to communicate and share all of our exciting NCS news and updates. If you have any more questions about the NCS please feel free to visit our website at www.nationalchildrensstudy.gov or contact our local Hinds County Study Location at 601-815-8400 to learn more information about this incredible national undertaking.

The Clinical Operations Team is the voice and face of the National Children's Study in Hinds County. These are the people who will come to know all our Study participants, interacting with them by phone and in person to carry out the Study protocol. The Clinical Operations team is led by Dr. Ruth Patterson, a pediatrician at the University of Mississippi Medical Center. Dr. Patterson's guidance and expertise give this team exactly what is needed to assure success.

The Communications Center staff will be heard but not seen. They serve as the communications hub for the Hinds County NCS Location. This team is responsible for making sure that no phone call goes unanswered. Their desire is to make certain that every person they come in contact with is handled with great care. Selena Lockwood is leading the team which includes Lakesha Debardeleben and Sonya Anderson.

The Clinical Data Collection staff led by Stacey Naylor, RN, MSN will interact with participants in a variety of settings to conduct research interviews and collect biological and environmental data from Study participants. This team includes two additional field staff, Tinencia Harris and Tanika Spates- and will soon grow to include a Birth Team.



Back Row: Tanika Spates, Sonya Anderson, Tinencia Harris, and Lakesha Debardeleben

Front Row: Selena Lockwood, Dr. Ruth Patterson, and Stacey Naylor

Principal Investigator: Sharon B. Wyatt, PhD, CANP, FAAN
Editor: LaShondra Upkins, MPH
Lead designer: Mary Howell

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RECRUITMENT TEAM

The Recruitment Team is led by Mrs. Dorothy Jones, Field Manager, and is made up of local Hinds County residents. They bring a host of skills including those from being mothers, grandmothers, former business people, singers, wives, community and church involvement, etc. Please say hello when you see them in your healthcare provider office!

The Recruitment team is very important to the success of the NCS. Their role may sound simple at first; they will be the friendly faces in your provider office who will talk to, and enroll eligible, interested women and their yet unborn babies to be a part of the NCS. So their smiling faces will be among the first you will see as Hinds County begins to make this incredible journey that will help improve the health and well-being of future Mississippians!



Back Row: Rose Mary Beason, Theresa White, Marcia Green, Tamika Townsend, Angela Manyfield, Deborah Waters

Second Row: Dorothy Jones, Mildred Whitlock, Darlene Jaklitsch, Crishauana Hall, Lorita Seaton

Front Row: Maria Morris, Chunda Longino

NATIONAL CHILDREN'S STUDY COMMUNITY ADVISORY BOARD

By: Maggie Wade-Dixon

The Community Advisory Board for the National Children's Study Hinds County MS Study Location wants to introduce you to an exciting opportunity to contribute to the health of our children! Imagine having scientific findings based on sound research to answer important questions about children's health. The National Children's Study will provide information about the interaction of environment and genes on a variety of health conditions such as asthma, obesity or autism. As the Chair of the Community Advisory Board I am truly thrilled to be able to witness this Study and what it hopes to accomplish for our children and their health. For years there has been speculation on some of the greatest issues and illnesses our children face, now we have the opportunity to follow children from their mother's pregnancy through 21 years of age. This Study is the first of its kind and Hinds County can make an impact not only on the children in our community but throughout this great nation. We are hoping for support from the community, input, guidance and participation. What a wonderful way to give back to our greatest gift, our children.

We have been a part of getting the NCS started in Hinds County since 2008 and have helped to develop a plan for engaging our community to support the NCS. I believe the Study will benefit our community and our children. The Community Advisory Board has been actively involved in:

- Collaborating and guiding how the Study is done and evaluated
- Providing a view on the Hinds County communities
- Advocating for Study participants
- Suggesting ways to inform the Hinds County communities about the NCS and
- Ensuring that the NCS responds to community concerns and benefits Hinds County

Therefore, on behalf of the NCS CAB, we are asking you to support the Study's efforts by joining the Study if you are eligible and, if not, by spreading the word. Encourage people you know to find out if they are eligible to participate, and support them if they join the Study. Your support and participation can help your community and the country as a whole gain a better understanding of our children's health and development.



*Back Row: Paul Jones II, Billy Redd;
Fourth Row: Paul "Trey" Jones III,
Shane McNeill, Dolphus Weary*

*Third Row: Holly Zimmerman, Mary-
Ellen Stewart*

*Second Row: Shirley Tucker,
Christianne Pinell-Jansen, Hazel
Gaines, Linda Jackson-Assad*

*Front Row: Doris Bridgeman, Maggie
Wade Dixon, Keith Tonkel*



Healthy Eating for Two

Becky Martin, Hospital Outreach Coordinator

Being pregnant is an exciting time for mothers-to-be. So much so that some tend to go overboard and leave nutrition by the wayside. By following a few guidelines, a pregnant woman can provide the right nutrients to her developing child and hopefully avoid having health problems during pregnancy and the hard work involved in shedding all that weight after the baby is born.

WEIGHT GAIN A Natural Part of Pregnancy

Extra calories are needed in order to help the baby develop within the womb to maintain mom's health. But how much weight gain is healthy?

Normal weight gain during pregnancy ranges from 25-35 pounds. In the first trimester, a weight gain of 1-3 lbs per month is healthy. In the second and third trimester, a weight gain of 2-4 pounds per month is normally healthy. Gaining too much weight and eating foods high in fat, salt and sugar can increase a mother's risk of developing certain complications during pregnancy such as gestational diabetes and high blood pressure.

According to Marci Robins, MS, a registered dietitian with the WIC program at Wiser Women's Hospital (UMMC), this can be avoided. Stick to a balanced diet high in fruits, vegetables, whole grains, protein, and dairy products during pregnancy.

"The foundation of a pregnant mother's diet should include calcium, iron, protein, fiber, folic acid, B Vitamins, Vitamin A, and Vitamin C," explained Robins. "It is important to only take prenatal vitamins that are prescribed by a doctor, nurse practitioner, or midwife. These vitamins along with a balanced diet help to prevent certain birth defects and improve fetal development."

WHAT TO AVOID

Read the product labels. Eating foods containing cornstarch, clay, ice, and baking soda is discouraged. Robins says these foods are thought to reduce the ability of the body to absorb the nutrients needed to aid in the baby's development or cause adverse effects.

Sorry, but no uncooked sushi. Raw or undercooked meats, fish, poultry, or eggs and lunch meats should be avoided due to increased risk of food-borne illnesses.

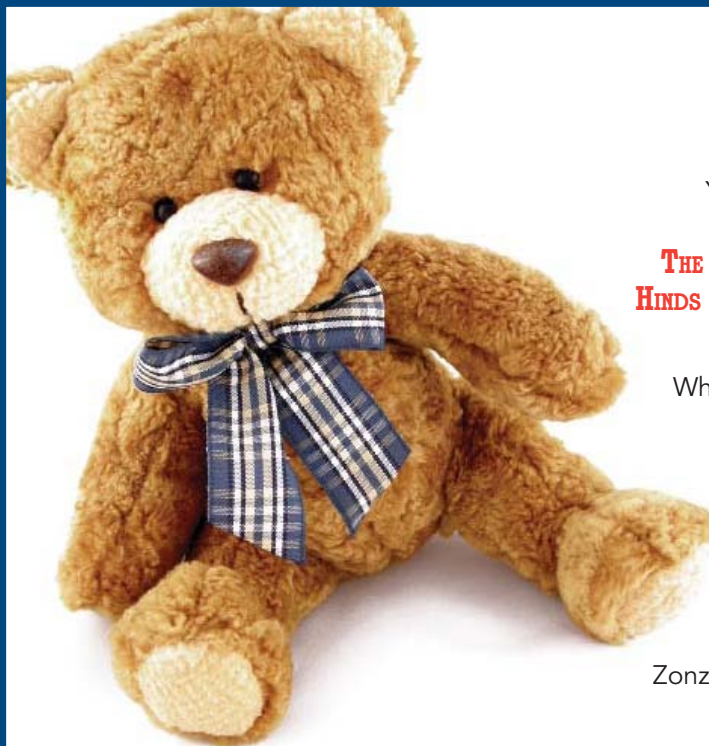
"Herbal teas are not considered safe during pregnancy because of unknown safety of the ingredients. Caffeine consumption should be limited during pregnancy because its effects on fetal development need to be studied more before it is suggested as safe," states Robins.

Research has shown that alcohol consumption while pregnant can lead to fetal alcohol syndrome (FAS). This syndrome results in a combination of abnormalities of the face and impairment both mentally and physically.

RESOURCES FOR HEALTHY EATING

Becoming informed is one of the best ways to ensure healthy weight gain during pregnancy. Robins reminds new and expectant mothers to take advantage of healthy food and healthy advice offered through the WIC program and www.MyPyramid.gov where a wealth of information on nutrition can be found.

Ultimately, working with your health care provider is the best way to ensure a healthy pregnancy. Ways to eat a balanced diet and how to make healthy lifestyle choices such as exercise and what to avoid should also be discussed with your provider.



You are cordially invited
to be our Guest at

THE NATIONAL CHILDREN'S STUDY HINDS COUNTY MS STUDY LOCATION BABY FAIR!

When: Saturday April 9, 2011
10:00 a.m.- 2:00 p.m.

Where:
Wal-Mart (Hwy. 18)
2711 Greenway Dr.
Jackson, MS 39204

For More information
Please Call:
Zonzie McLaurin • 601-815-8407

Welcome to Your Fit Pregnancy Corner

Zonzie McLaurin, Community Outreach Coordinator

So, you're pregnant-

Congratulations! This is a time in your life where you want to treasure every day, as to never forget it once your precious baby comes along. Over the course of this journey it is more important than ever to be your healthiest. Pregnancy has many mental and physical challenges. In order to properly enjoy each trimester, you have to get moving and be happy. Many pregnant women feel it is next to impossible to "enjoy" every moment of being pregnant, because of all the symptoms that can be associated with it including headaches, nausea, swollen feet, and others. Well, that doesn't have to be you and it will be better for you and your baby's health if you are fit. Exercise is a very important part of a healthy pregnancy, and its best to exercise during pregnancy, as opposed to starting afterwards when it's time to lose the weight.

Now being fit does not mean that you have to run 6 miles, like a super fit athlete. It just means you have to get your body moving enough times throughout the day and week to help your body feel good. You can do this simply by just walking, doing some form of aerobic routines, or attending maternity exercise classes designed specifically for the pregnant woman. Being fit while you're pregnant includes both physical and mental aspects – they are both directly related to each other. In the list to follow, I have identified several ways to be fit during your pregnancy that will incorporate both of them:

WALKING: Walking is great for anyone, especially beginners. It is wonderful because it's easy on the joints, you can do it just about

anywhere, and it can improve your blood circulation. Walk around the block, park, mall or the treadmill. Keep it a moderate pace and relatively short.

SWIMMING: Here's another great exercise because you can get a total body workout while being supported by the water. It's a fun way to exercise without putting stress on your joints and makes exercise more comfortable as you progress in your pregnancy.



STRENGTH TRAINING: If you already lift weights and your doctor gives you the green light, chances are you can continue while you are pregnant. Strength training can help boost your muscle strength and endurance and help prepare your body for labor and delivery. Make sure you use lighter weights, do more reps, and monitor your form and technique to avoid pain or injury. Also remember to avoid supine positions such as crunches after the first trimester. Use machines more, to avoid getting off balance.



DANCE TO MUSIC: Get your body moving easily by listening to your favorite music and just dance the day or night away. Choose appropriate dance moves (avoid any sharp, quick movements and turns), listen to your body, and consider the demands of each trimester.

DO BREATHING EXERCISES: This is a nice form of meditation that helps prepare you for the childbirth as well. Breathing exercises can help reduce anxiety and the buildup of stress.

PREGNANCY YOGA: Yoga works great for pregnancy. It can help with relaxation and alleviate the

discomforts caused by pregnancy. It is a great way to align your body optimally for healthy carriage and delivery of the baby. Yoga also can strengthen and massage the abdomen which helps stimulate bowel action and appetite.



Disclaimer:

Before you start any exercise routine, please consult your health care provider. Your provider will make sure it is safe for you to start or continue a routine or program. Also make sure you notify your provider if you experience any type of injury, vaginal bleeding or leaking, shortness of breath, dizziness, chest pain, muscle weakness and regular contractions during exercise or at any time.

KIDS CORNER

QUESTIONS:

- Who was the first person to walk on the moon?
- What was the first Disney movie made?
- What part of speech is fish?
- What is the most popular dog in the United States?
- Who is the Chief Justice of the U.S. Supreme Court?
- What is the name of the galaxy we live in?

ANSWERS:

Neil Armstrong;
Snow White and the Seven Dwarfs;
Depending on how it is used in a sentence, it can be a verb (I like to fish) or a noun (I caught a fish);
Labrador retriever;
John G. Roberts, Jr.;
The Milky Way Galaxy

FUN SITE:

<http://www.kidsastronomy.com/index.htm>

National Children's Study
Hinds County MS Study Location
2500 North State Street
Jackson, MS 39216



MISSISSIPPI STATE DEPARTMENT OF HEALTH

On behalf of the Hinds County MS Study Location, we would like to thank all of our local partnering institutions, providers, hospitals, advisory boards, and the community at large. Working together, we can help improve the health and development of children for generations to come.

Community Activities & Outreach

HindsCountyMS.nationalchildrensstudy.gov

